



# U C O O K

— COOKING MADE EASY

## Glazed Indonesian Chicken

**with veggie fried rice, edamame beans & toasted sesame seeds**

This one'll have the Bali lovers reminiscing with every bite. Pan-fried mini fillets, glazed with Indonesian soy sauce and laid over fried rice with garlic, ginger, chilli, edamame beans, cabbage, and carrot. Also included is an optional method for egg fried rice!

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**Hands-On Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jason Kosmas

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 **Easy Peasy**

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## Ingredients & Prep

75ml	White Basmati Rice
150g	Free-Range Chicken Mini Fillets
5ml	Mixed Sesame Seeds
75g	Shredded Red Cabbage & Julienne Carrot
20g	Fresh Ginger <i>peeled &amp; grated</i>
2	Garlic Clove <i>peeled &amp; grated</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
40g	Edamame Beans
45ml	Indonesian-Style Sauce <i>(30ml Indo Soy Sauce &amp; 15ml Rice Wine Vinegar)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Egg/s (optional)

**1. FLUFFY BASMATI** Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. PREP THE CHICKEN & TOAST THE SEEDS** Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with paper towel. Season and set aside until frying. Place a nonstick pan over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until the white ones are lightly browned, shifting occasionally. On completion, set the seeds aside to cool and set the pan aside for use in step 4.

**3. FRIED RICE FRY-UP** When the rice has 5 minutes remaining, place a pan or wok (that has a lid) over a medium heat. When hot, dry fry the cabbage and carrot for 1-2 minutes, shifting as it wilts. Remove on completion and return the pan or wok to the heat. Add in a drizzle of oil and the grated ginger, grated garlic, white spring onion slices, and chopped chilli (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. [Option for egg fried rice: Beat an egg and stir it into the pan. Cook for 1-2 minutes until a firm scramble, stirring continuously. Now, just continue to follow the remainder of this step!] Increase the heat to medium-high and toss through the cooked rice until combined. Toss through the edamame beans and the cabbage and carrot for a minute until evenly distributed. Remove the pan or wok from the heat, pop on the lid, and set aside for serving.

**4. GET STYLIN' WITH THAT SAUCE** Return the nonstick pan to a medium heat with another drizzle of oil. When hot, fry the chicken for 1-2 minutes per side until cooked through and golden. During the final minute, pour over the Indonesian-Style sauce, tossing continuously to coat. Remove from the heat on completion.

**5. SOUTHEAST ASIAN SATISFACTION** Spoon the veggie fried rice into a bowl, top with the sticky chicken, and pour over any pan juices to taste. Garnish with the green spring onion slices and the toasted sesame seeds. Oh yes!



## Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

Energy	568kj
Energy	136Kcal
Protein	11.2g
Carbs	17g
of which sugars	1.7g
Fibre	2.5g
Fat	2.8g
of which saturated	0.4g
Sodium	26mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days